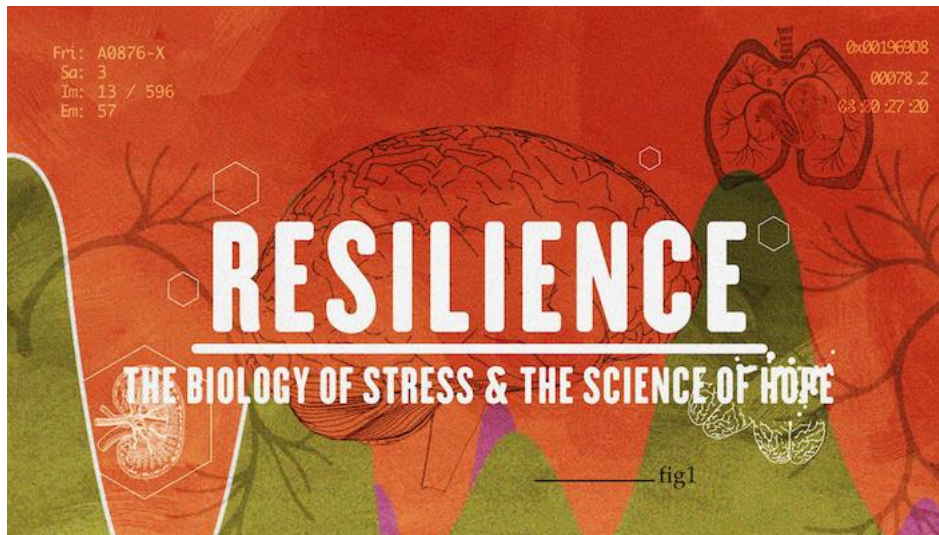


Resilience: The Biology of Stress & the Science of Hope



Resilience is the companion piece to the film *Paper Tigers* which was about how one Adverse Childhood Experience (ACE) awareness model helped improve outcomes in one school setting. *Resilience* picks up the torch and continues to enlighten about

how vital is for us as a society to identify risk factors that impact our lives over time. Those risks begin in childhood. They can affect anyone. The ACE's questionnaire is a simple tool that can be administered to anyone over age 18. There are 10 questions and a score of 4 or more puts you at risk for a variety of conditions.

The ACE's questionnaire is simple, elegant and a way to remove the stigma of diagnosis so common in our work. *Resilience* shows how using this brief, easy to administer tool as a starting point can open a discussion about how the impact of these experiences can lead to differences in health outcomes, in life span and in quality of life. There is a lot of research out there that is free to us through the Center for Disease Control.

As we become more and more integrated in our work and as we address the mind-body connection, resilience as a learned ability is essential to our future. Learning how to bolster ourselves against adversity and how to understand the adversity we have already experienced can only lead to a greater sense of well-being for our society. Parents will better understand what lead them to act in certain ways. Obesity and substance abuse treatment will be further enhanced. Violence and abuse may decrease. That is worth having a discussion about.

The documented applications in health and educational settings have proved successful. So where do we go from here? During the discussion after the film the answer is clear—everywhere. People from all walks of life and from all socioeconomic



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levels can have high ACE's scores. We find people in hospitals and clinics, schools, foster homes, juvenile halls and jails and in neighborhoods where ACE's are an everyday occurrence. People with higher ACE's scores, had greater risks across the lifespan.

Wherever there is domestic violence and substance abuse—there are ACE's. Where there are parents with ACE's, there are children about to have them. These children come to us through the Department of Children and Family Services, through Probation and through Regional Centers, because these children are the most vulnerable. Talking about what happened in childhood in a safe setting is often at the heart of what we do.

Resilience takes the view that this is a national epidemic that results in untold human suffering. Unresolved, these experiences perpetuate cycles of Adverse Childhood Experiences for future generations. We cannot ignore this because, there is hope. Hope through learning the ways to increase our ability to overcome these events and to acknowledge the impact they have on our bodies and minds. The future of the next generation is in our past. We need to talk about it, understand the impact of it and learn how to better manage our emotions and behaviors related to it.

That is the central message of this film. For a preview please visit:

<http://kpjrfilms.co/resilience/>

I give *Resilience* five golden tickets for opening the discussion for everyone.

